

Addison! Accolade



December 2007 🎄 January 🎄 February 2008

www.addisonathleticclub.com

Registration

You may register for all classes beginning Monday November 26, 2007. Winter session will run from Saturday December 1, 2007 through Friday February 29, 2008. For more information visit our website at:

WWW.ADDISONATHLETICCLUB.COM

Payments: Cash, credit cards, and checks are accepted during walk-in registration.

Waiting List: Residents interested in registering for a class that is full will be put on a waiting list. The waiting list does not guarantee a spot. Residents will be contacted as soon as a spot becomes available.

Class Cancellation: If a class is cancelled, staff will make every effort to contact residents registered for the class before the first day of class.

Addison!
Athletic
Club Staff



Director of Parks and Recreation - Slade Strickland
Manager - Randy Rogers **Supervisor** - Pat White
Coordinators - Deena Hermes Justin Pollard
 Amanda Minyard
Department Secretary - Betsy Sterns
Recreation Associates - Tom Brandt Cindy Baber
 Rebecca Coronado Theresa Downs Megan Everly
 Julian Guevara Maria Degado
Custodians - Darrell Carmon Isaac De La Garza
Day Porter - Raymond Wiley

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So you will know...

December 24 & 25, 2007 the Athletic Club will be closed for Christmas observance.

January 1, 2008 the Athletic Club will be closed for New Years Day

Addison Athletic Club
3900 Beltway Drive
972-450-7048

Monday - Thursday 6:00 a.m. - 10:00 p.m.
Friday 6:00 a.m. - 8:00 p.m.
Saturday 8:00 a.m. - 8:00 p.m.
Sunday 1:00 p.m. - 6:00 p.m.

The Accolade is published quarterly by the Town of Addison Recreation Department. Any questions, letters to the editor or other comments regarding this publication should be made to:

Recreation Manager's Office
 Addison Athletic Club
 P.O. Box 9010
 Addison, Texas 75001-9010

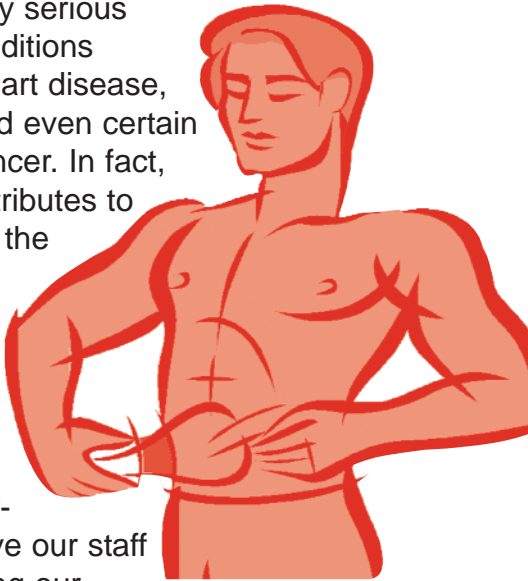
Addison Recreation Department Mission Statement:
To offer and maintain for the Town's residents a wide array of recreation, health, fitness, and athletic programs at the Athletic Club.

FITNESS

FREE ORIENTATION! Are you helping...or hurting yourself while working out? Let our fitness staff show you the proper way to use the new cardio and strength training machines. Please call 972-450-7048 and ask for Justin Pollard.

BODY FAT TEST

Weight alone is not a clear indicator of good health because it does not distinguish between pounds that come from body fat and those that come from lean body mass or muscle. Carrying too much fat is a condition called obesity, and puts a person at risk for many serious medical conditions including heart disease, diabetes and even certain forms of cancer. In fact, obesity contributes to at least half the chronic diseases in western society. To learn more about your body fat percentage have our staff check it using our body fat analyzer or upon request skin fold calipers.



DATE: Ongoing
FEE: FREE every MONDAY, please schedule an appointment with Justin Pollard 972-450-7048 \$5 for the rest of the week.

FREQUENT USER AWARDS

Families, members or seniors who register for 15 classes/events or more are part of the Platinum Club and are eligible for gifts and prizes through the point system. Every class/event is a point and after 15 points you are eligible for a prize at the end of each quarter. Register your name today.

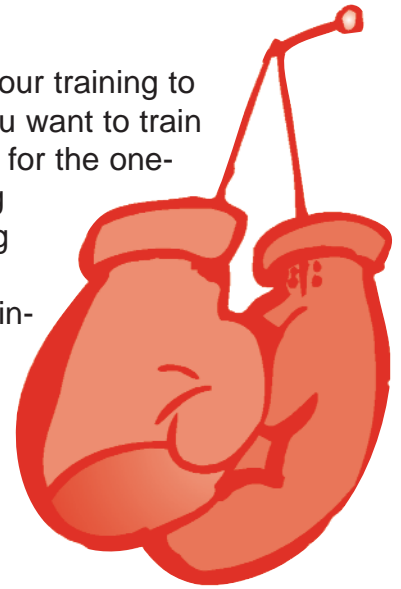
Example 15 classes/events = 15pts
20 classes/events = 20pts

DATE: December - February
AC: 3938.101

BOXING 101

Do you want to take your training to the next level? Do you want to train like a boxer? Sign up for the one-on-one boxing training class. Learn punching techniques and go through the similar training that boxers go through. Call Justin to set up an appointment. Register soon! Available times are limited

DATE: Ongoing
TIME: Call Justin to schedule times
972-450-7048
FEE: \$10 a class
\$45 for 5 classes
\$80 for 10 classes



WEEKEND WARRIOR RACQUETBALL TOURNAMENT

All racquetball pros come and sign up to participate in the racquetball tournament. To register, individuals must submit their name and pay the entry fee at the front desk of the Addison Athletic Club by January 2nd. Tournament sign-ups will be taken on a first come, first serve basis. Late entries may not be accepted due to facility and time constraints. Teams who enter late may request to be placed on the "Waiting List."

DATE: January 12 & 13
TIME: 7:00 a.m. - 8:00 p.m.
FEE: \$15 a person
AC: 3708.101

Registration for all classes begins Monday, November 26, 2007. Winter session will run from Saturday, December 1, 2007 through Friday, February 29, 2008.

SENIOR ADULT PACESETTERS

GRANBURY RIVERBOAT DINNER CRUISE

Snap your fingers, tap your toes, or dance to Mike Hartman performing your favorites from the 50s & 60s as you enjoy an evening of relaxation and the Christmas lights located up and down Lake Granbury. Italian cuisine will be served followed by songs performed by Mike Hartman for dancing or listening pleasure.

DATE: Thursday, December 13

TIME: 4:00-10:00 p.m.

FEE: \$50 includes dinner and transportation

AC: 1544.101

HOLIDAY LIGHTS TOUR AT PRAIRIE LIGHTS

Come with us and get in the holiday spirit by visiting Prairie Lights. Prairie Lights is a holiday light experience with more than 3 million lights and over 600 individual displays and shapes lining the road. During the trip we will make a stop at the Holiday Village where you can walk around, take photos with Santa, sip on hot cocoa and ride the carousel. Don't miss out on this wonderful holiday experience!!

DATE: Friday, December 21

TIME: 6:30 - 9:30 p.m.

AGE: Families

FEE: \$5 per person transportation fee

AC: 7003.101

*Payment is due at registration.

WINSTAR CASINO

Want to get away? Then come join us for a day of fun at Winstar Casino located about an hour North of Dallas. Winstar has three restaurants that you can pick from for lunch and all the casino fun you ever wanted. Transportation will be provided.

DATE: Saturday, January 19

TIME: 9:00 a.m. - 4:30 p.m.

FEE: Free

AC: 1549.101

MARY KAY TOUR

Come and learn the history and experience a dream that began four decades ago. We will start the tour at the Mary Kay Manufacturing facility; from there we will have lunch at the Mary Kay Café, and then have a guided tour thru the Mary Kay Museum. See how Mary Kay progressed from a tiny storefront to the amazing success it is today.

DATE: Friday, February 8

TIME: 9:30 a.m.-3:30 p.m.

FEE: \$5 Transportation fee /lunch on your own

AC: 1545.101

MOVIE & DINNER

Meet at Movie Studio Grill every first Monday and have a dinner and watch a movie all at the same time. What a great idea! We will meet in the lobby area before the movie starts and we can visit and then decide what movie we will enjoy together. Please register at the front desk at the Addison Athletic Club so we can make reservations.

Thanks!

DATE: First Monday of the month, Dec 3, Jan 7, and Feb 4

TIME: 5:45 p.m.

FEE: On your own

AC: 1546.101

LUNCH BUNCH

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather and catch up, along with a good meal!! So, let's gather! I will pick the place and the date, but you must sign up and show up. We will meet at 11:30 a.m. each month at a different location.

Café Brazil-4930 Beltline #100

DATE: December 19

AC: 1585.101

FireFly-14905 Midway #102

DATE: January 16

AC: 1585.102

Avanti Euro Bistro-5001 Addison Circle

DATE: February 20

AC: 1585.101

Registration for all classes begins Monday, November 26, 2007. Winter session will run from Saturday, December 1, 2007 through Friday, February 29, 2008.

DUNN BROS COFFEE CLUB

This one special time a month you can take time and come to Dunn Bros Coffee House. Learn new things about others and see what's going on in the world. You don't have to drink coffee to join the group. Stay as long or short as you want. Can't wait to see you there!

DATE: First Wednesday of the month
Dec 5, Jan 2, and Feb 6
TIME: 10:30 a.m.
FEE: Purchase drink or snack
PLACE: Dunn Bros Coffee Shop
3725 Beltline Road

BIRTHDAY BASH OF THE MONTH

Everyone loves birthday parties! Come celebrate all the winter birthdays in the multi-purpose room. Cake will be served and if anyone wants to bring extra goodies that would be great! If your birthday is in December, January or February come and celebrate! Everyone is invited; it's going to be a party!



DATE: Friday
December 7, January 11, February 15
TIME: 10:30 a.m.
PLACE: Multi-purpose room
FEE: Free

STITCHING FROM THE HEART

Come join our stitching group. Come help knit or crochet blankets and hats for different area hospitals. Every blanket and hat will go to a very special person. We meet in the multi-purpose room every Tuesday. Donations are encouraged!

DATE: Every Tuesday
December 4-February 26
TIME: 11:00 a.m.
FEE: Free
AC: 1548.101

CHAIR YOGA

Do you have an interest in learning yoga but are not comfortable with getting on the floor. Chair

yoga is a gentle form of yoga that is practiced sitting in a chair. You can get all the benefits of yoga and you never have to leave your chair. Pay instructor.

DATE: Tuesday, January 8-29
TIME: 10:45 -11:45 a.m.
FEE: \$28 (all 4 classes)/\$7 single class
AC: 1542.101

TAI CHI

Doctors are recommending Tai Chi as a great form of exercise and relaxation. Studies have shown that the slow, gentle, and continuous movements of Tai Chi help develop muscles, improve balance, reduce stress, increase concentration, and promote an overall feeling of wellbeing. The instructor is Chris Bouguyon, a 28-year martial arts veteran & the Senior Tai Chi instructor for the Arthritis Foundation of Texas. Come treat yourself to a healthy spirit, body & mind. Pay instructor.

DATE: Thursday, Dec. 6-Feb. 28
TIME: 11:30 a.m. -12:30 p.m.
FEE: \$8 per class
\$70 punch card 10 classes



FITNESS FOR LIFE

Have you been thinking about using the weight room, but aren't sure how to use the machines? Has your doctor suggested weight training or strengthening? This is your chance to have a Personal Trainer work with you as a group once a week and to be there to answer any questions or concerns. The class is designed for ages 50 and older. Please pay at the front desk.

DATE: Tuesday
December 4-February 26
TIME: 9:30 -10:30 a.m.
FEE: \$2 per class/ or aerobic pass

Registration for all classes begins Monday, November 26, 2007. Winter session will run from Saturday, December 1, 2007 through Friday, February 29, 2008.

WINTER AEROBICS

Water Aerobics Descriptions

WATER TRIM

This self-paced water aerobic exercise program is designed for all fitness levels. Class components include warm-up, pre-stretch, 30 minutes of cardiovascular aerobics, upper body and abdominal strengthening and post-stretch. Proper posture, body alignment and exercise technique will be emphasized.

SATURDAY H₂O

Take one of your weekly aerobic exercise routines in the water! This class combines cardiovascular conditioning and muscle strengthening in the water. Aqua dumbbells, noodles and kickboards are used to enhance the strength component of the class, while the water lowers the impact.

Land Aerobics Descriptions

BALL CLASS

Improve your cardiovascular fitness level. These exercises emphasize keeping the heart rate elevated throughout the workout. Working with a fitness ball trains you to balance yourself while you're in motion.

Aerobics Payment Options

Option 1

**\$75.00 per
3 month session**

If you are planning on taking 3 or more classes per week, this is the best deal. Attending class 3 times a week during the three-month session will reduce your cost to just over \$2.00 per class. Residents 50 years of age and over pay half price.

Option 2

**\$40.00 for an aerobics
card with 15 punches**

If you can't make it to class on a consistent basis, a punch pass may be the way to go. For \$40.00 you get 15 classes. The punch pass is good for 6 months from date of purchase. Residents 50 years of age and over pay half price.

Option 3

\$4.00 Drop-in fee

Not sure you want to take a full session of aerobics? Take one class for \$4.00 to see if you like it. Residents 50 years of age and over pay half price.

EXTRA! EXTRA!

Join in for a Saturday morning full of muscle toning and heart racing interval training. This is the class you have been looking for to even out your workout schedule.

NO EXCUSES

The instructor will offer you high-energy exercise with high repetition movements. This class is designed for those who enjoy simple choreography at an intense level.

RISE AND SHINE YOGA STRETCH

This class is a great way to wake your body up. Basic yoga stretch moves will get your day started right. This class is great for your mind and body.

TOTAL BODY CIRCUIT

This class will give you a total body workout with muscle toning and cardiovascular conditioning. It offers various techniques to improve your physical endurance.

STRENGTH AND CARDIO TRAINING

The class gives participants a variety of exercises. Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes will take place in the aerobics studio and around the track. This is a great class if you are looking for a little variety in your workout routine.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Trim	9:15-10:15 a.m.		9:15-10:15 a.m.		9:15-10:15 a.m.	
Saturday H ₂ O						9:00-10:00 a.m.
Rise & Shine Yoga Stretch	8:15-9:15 a.m.		8:15-9:15 a.m.		8:15-9:15 a.m.	
Total Body Circuit	9:30-10:45 a.m.		9:30-10:45 a.m.			
Ball Class				8:30-9:30 a.m.		
Extra Extra!						9:30-11:00 a.m.
No Excuses	6:00-7:00 p.m.		6:00-7:00 p.m.			
Strength and Cardio Training	7:00-8:00 p.m.		7:00-8:00 p.m.			

Registration for all classes begins Monday, November 26, 2007. Winter session will run from Saturday, December 1, 2007 through Friday, February 29, 2008.

Addison Athletic Club Information

RACQUETBALL COURT RESERVATIONS:

Racquetball court reservations are available up to 3 days in advance by calling 972-450-7048. Please call before noon for same-day reservations. Reservations are for one hour beginning on the hour and 2 names are required to reserve a court. No back-to-back reservations will be taken. Courts are available on a first come, first served basis when there are no reservations.

TENNIS COURT RESERVATIONS:

Tennis court reservations are available up to 3 days in advance by calling 972-450-7048. Please call before noon for same-day reservations. Reservations are for one hour and a half and 2 names are required to reserve the court. No back-to-back reservations will be taken. The court is available on a first come, first served basis when there is no reservation and on weekends. Check-in at the front desk is required.

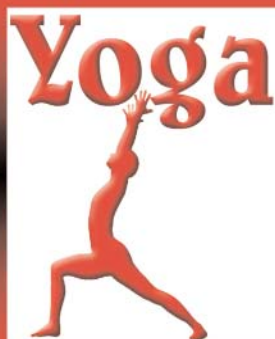
GYM ACTIVITIES:

Come inside for some friendly basketball or volleyball competition. Pick up games are always in motion. Everyone is welcome.

Gym schedule is as follows:

Full Court Basketball: Monday - Wednesday 6:00 - 8:00 p.m.

Open Gym: Thursday & Sunday (Volleyball net set up upon request.)



If you are interested in enhancing your flexibility through stretching, breathing and relaxation exercises, this class is perfect for you. Please bring a mat.

DATE: Tuesdays and Thursdays

TIME: 9:30 - 10:30 a.m.

FEE: \$7 per class

Instructor: Zan Pirtle

This class will improve your flexibility, strength, muscle tone and balance through a series of postures, stretching and breathing techniques. Reduce everyday stress and tension. Relax your mind while energizing your body. All fitness levels welcome. Bring a towel or mat.

DATE: Tuesdays and Thursdays

TIME: 5:45-6:45 p.m.

Fee: \$7 per class

Instructor: Valerie Rogers

These classes are a separate fee and not included with any of the aerobic passes.

Please pay instructors before class.

Personal Trainers

Personal trainers are available to help you create a practical fitness schedule that's tailored for you. All personal trainers are contracted and have professional certifications through nationally recognized organizations. For more information, contact the individual trainer, or call 972-450-7048.

Adam Alexander



Adam is available for appointments 7 days a week. Your first visit is a free 30 minute session

to assess your fitness level and discuss your goals. Whether your goals include getting in shape, losing weight, increasing strength, improving flexibility or combating the effects of bone density loss, Adam can design a program to help meet your goals while avoiding injury. To set up an appointment call Adam at 972-741-2123. His fee is \$55 per session. Adam is certified through Cooper's Institute for Aerobics Research.

Autumn Allan



Autumn is available for sessions Monday - Friday 8:00 a.m. to 8:00 p.m. and Saturdays 9:00 a.m. to 1:00 p.m.

Programs are designed specific to your physical fitness and nutrition goals. Periodic blood pressure, weight, and body composition checks are taken. Autumn focuses on motivation and discipline with proper prescription. Contact Autumn at 214-794-3444 or benchmarkfitness@sbcglobal.net for an appointment. Autumn's fees are \$60 per session, 10 for \$500, or 20 for \$900. MC and Visa accepted with a small convenience fee. No additional fees for Power Tower™ training if you are a client. Autumn is a certified Health and Fitness Instructor with the American College of Sports Medicine.

Glenn Jones



Glenn trains with a special emphasis on helping people to understand how to walk into a gym and not be intimidated. Glenn believes keeping fitness

simple. He teaches the basic principals of weight training, aerobics and nutrition. He can show you how to stay healthy and in shape, and still have a real life outside of the gym. He invites everyone to at least try personal training and would like to offer a Money Back Guarantee. You will have nothing to lose, and a whole lot to gain. Just taking that small step will put you on the path to better health. Sessions can include training in the gym, your kitchen, grocery shopping, eating healthy while in a restaurant, or fitness by phone. Call for individual rates, couples or special discounted fees. He is available for appointments during the week and on weekends. Glenn is certified through Cooper's Institute for Aerobics Research. To set up an appointment, call 214-325-2495 or email glenn@thefitnessgame.com

Erin Brown



Erin believes that fitness is a choice. She wants to make that an easy choice by

designing innovative and challenging workouts for you by combining cardio, strength training and flexibility. Erin is willing to work with your schedule weekdays and weekends. Erin is a certified Personal Fitness Specialist through The Cooper's Institute and has a Bachelors of Science degree in Exercise Physiology. Session fee is \$45.00 per hour. To set up an appointment for a free fitness assessment call 214-402-0840 or email erin.brown@choiceworkout.com

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*Payment is due at registration.

KIDSCENE

PRESCHOOL FRIENDS

Join the fun and make new friends! Learn the ABC's, 123's, music, games, and art together. The goal of this program is to give the children a fun environment so they can experience and learn new things with their own age group. Each class will have a new and exciting theme to keep the children interested. Come experience the fun! Mom's can drop off their child and have a little time to themselves.



DATE: Wednesdays, December 5-January 30
TIME: 2:30-4:00 p.m.
AGES: 3-5 years
FEE: \$40 (8 week session)
AC: 5313.101

*Payment is due at registration.

FRIDAY NITE MADNESS

Calling all PRE-Teens & Teens! Need something to do on Friday nights during the winter? Well, this is the place to come! Friday Night comes alive at the Addison Athletic Club. This is a "kid's night out" as well as a parent's night out! We will start the night off by swimming in the indoor pool, then order pizza, watch movies, play sports and compete against the X-Box. How can you go wrong?

DATE: Friday, December 7 AC:5402.101
Friday, January 4 AC:5402.102
Friday, February 1 AC:5402.103

TIME: 6:30-9:00 p.m.

AGE: 6-12years

FEE: \$5 per child

KID'S NIGHT OUT

Come let the little ones enjoy a special night filled with fun and laughter while you have an evening out! We have a whole night filled with arts and crafts, games, movies, and a special snack. Limited space available. Sign up at the front desk to reserve a spot.

DATE: Friday, December 14 AC: 5301.101

Friday, January 25 AC: 5301.102

Friday, February 15 AC: 5301.103

TIME: 6:30-9:00 p.m.

AGES: 3-5 years

FEE: \$5 per child

*Payment is due at registration.

HOLIDAY LIGHTS TOUR AT PRAIRIE LIGHTS

Come with us and get in the holiday spirit by visiting Prairie Lights. Prairie Lights is a holiday light experience with more than 3 million lights and over 600 individual displays and shapes lining the road. During the trip we will make a stop at the Holiday Village where you can walk around, take photos with Santa, sip on hot cocoa and ride the carousel. Don't miss out on this wonderful holiday experience!!

DATE: Friday, December 21

TIME: 6:30 p.m. - 9:30 p.m.

AGE: Families

FEE: \$5 per person transportation fee

AC: 7003.101

*Payment is due at registration.



YOUTH BOXING CLINIC

Have you ever wondered what it would be like to learn how to box? Here's your chance!! Come to our youth boxing clinic and learn punching techniques and go through similar training that boxers go through. In this two hour clinic you will practice drills to improve your hand eye coordination, agility and endurance. Don't miss out, sign up today!

DATE: Saturday, January 26

TIME: 10:00 a.m.-12:00 p.m.

AGE: 8-12 years

FEE: Free

Registration for all classes begins Monday, November 26, 2007. Winter session will run from Saturday, December 1, 2007 through Friday, February 29, 2008.

ANNUAL VALENTINES DANCE - "ROCK AROUND THE CLOCK"

Grab your favorite Guy or Gal and come to the 4th Annual Valentines Dance- "Rock Around the Clock." All moms and dads can enjoy this night together with their sons and daughters. This will be a night filled with unforgettable memories, dancing with a live D.J, games and contests, refreshments and a free souvenir picture to take home to remember the night. Come dressed semi-formal/formal.

DATE: Saturday, February 9

TIME: 6:00 p.m. - 8:00 p.m.

AGE: Families

FEE: \$7 per person

AC: 7004.101

*Please purchase your tickets by Friday, February 1. No tickets will be sold at the door.

LIL' DANCERS I-LEVEL BEGINNER

This is a beginner class for the little ones to explore their dancing abilities. Get ready to dance and have fun at the same time. This class will be a combo class, combining both tap and ballet. Please wear proper dance attire-leotard, tights, tap and ballet shoes. All attire can be purchased at Target or Payless Shoe Store. The last class will be a "Parent Visitation Day."

DATE: Fridays, December 1-February 22

TIME: 5:15-6:00 p.m.

AGE: 2 ½ -4 years

FEE: \$40 monthly

AC: 5327.101

*Payment is due to instructor on the first day of class.

LIL' DANCERS II- LEVEL BEGINNER/INTERMEDIATE

This class is designed for the beginner dancer and focuses on the basic steps of tap and ballet. Children will enjoy dancing while meeting new friends. The class will begin with a warm-up routine followed by circle or across the floor exercises, and will end with a combination dance or center floor dance. The Nutcracker will be introduced in December. Proper dance attire is required. The last class will be a "Parent Visitation Day."

DATE: Fridays, December 1-February 22

TIME: 6:00-6:45 p.m.

Registration for all classes begins Monday, November 26, 2007. Winter session will run from Saturday, December 1, 2007 through Friday, February 29, 2008.

AGE: 5-7 years

FEE: \$40 monthly

AC: 5327.102

*Payment is due to instructor on the first day of class.

KARATE AND SELF-DEFENSE COURSE

The timeless sport of Karate is designed very specifically with four goals in mind. Build self-esteem, self discipline, self-defense and fitness. Nikki S. Ikeda is a 5th degree black belt with 32 years of experience. She is a 30 time national champion and a 3 time world champion. She also coached the USA Karate team. To be the best, learn from the best!

DATE: Tuesdays and
Thursdays,

December 4-
February 28

Youth (5 years and up)

TIME: 4:00-4:45 p.m.

FEE: \$100 for one
child monthly
\$160 for two children
monthly
\$225 for three children monthly

AC: 5418.401

Mommy and Me (3-4 years)

TIME: 4:45-5:30 p.m.

FEE: \$120 monthly

AC: 5311.401

(\$50 fee for uniforms, belts)

*Payment is due to instructor on the first day of class.



TINY TUMBLERS CLASS

Come and experience the excitement of tumbling! This will be a fun, age appropriate class that will focus on how to perform basic gymnastics skills such as forward rolls, backward rolls, cartwheels, and work on basic strength and flexibility which will improve coordination. Come and join the fun!!

DATE: Thursdays, February 7-28

TIME: 4:00-4:45 p.m.

AGE: 3-5 years

FEE: \$40/ 4 weeks

AC: 5331.101

FITNESS & ADULT ACTIVITIES

5 ON 5 BASKETBALL LEAGUE

It is about time to start up our basketball league for Addison. Everyone is invited to play in this league. To register, teams must submit a team roster and pay their entry fee at and the front desk of the Addison Athletic Club by February 1st. League sign-ups will be taken on a first come, first serve basis. Late entries may not be accepted due to facility and time constraints. Teams who enter late may request to be placed on the "Waiting List."

DATE: Beginning January 29th (Every Tuesday & Thursday @ 7pm)

TIME: 6:45 p.m. - 9:15 p.m.

FEE: \$125 a team

AC: 3709.101

1ST ANNUAL INDOOR TRIATHLON

Don't let the weather get in your way of a good race. This will be an all out triathlon. You will swim 300 yards bike 15 miles and run 3 miles. There will be beginner and intermediate races. No rest for the weary and time to challenge yourself especially during the winter time. Keep the training going.

DATE: February 12, 2008

TIME: 9:00 a.m.

FEE: \$10

AC: 3710.101

BALLROOM DANCE

Music from the '30s and '40s will have you slow dancing the night away. If gliding across the floor is your style, instructor Christopher Ashley, who specializes in ballroom dancing, will teach you

dances such as the Cha-Cha, East Coast Swing, Foxtrot, Tango, Rumba and Waltz

DATE: February 2, 9, 16, & 23

TIME: 12:00 - 1:00pm

FEE: Please pay instructor on first day of class. (\$45 Single \$65 Couple)

AC: 3806.101

AAC BASKETBALL SHOOTOUT!

We're looking for the best of the best. Show off your skills in 3 point shooting, free throws, and slam dunk competition. Are you worthy?

DATE: February 26, 2007

TIME: 7:00 p.m.

FEE: \$3

AC: 3715.101



HOMEBUYERS WORKSHOP

Free Home Buyer Seminar - Presented by Dallas County Community College Instructors and RE/MAX. You will learn the "Do's & Don'ts when trying to buy a home. We cover contracts, agency, inspections, financial qualifications and down payment requirements, including zero down options, legal issues, how to make an offer and counter offers, homestead laws, community property laws and much more. Call or email Mal Smith or the AAC for class information and registration.

Registration is required at least one (1) week prior to each workshop by calling 972-450-7048 or email mal@malanddoug.com

DATE: Mondays

December 3 AC: 3101.101

January 7 AC: 3101.102

February 4 AC: 3101.103

TIME: 7:00 - 9:00 p.m.

FEE: Free

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HOLIDAY LIGHTS TOUR at Prairie Lights

Come with us and get in the holiday spirit by visiting Prairie Lights. Prairie Lights is a holiday light experience with more than 3 million lights and over 600 individual displays and shapes lining the road.

Friday, December 21

6:30-9:30 p.m.

\$5 per person

4th Annual Valentines Dance

DATE: Saturday, February 9
TIME: 6:00 p.m. - 8:00 p.m.
AGE: Families
FEE: \$7 per person



Grab your favorite Guy or Gal and come to the 4th Annual Valentines Dance "Rock Around the Clock." All moms and dads can enjoy this night together with their sons and daughters. This will be a night filled with unforgettable memories, dancing with a live D.J, games and contests, refreshments and a free souvenir picture to take home to remember the night. Come dressed semi-formal/formal.

Registration for all classes begins Monday, November 26, 2007. Winter session will run from Saturday, December 1, 2007 through Friday, February 29, 2008.



*Join the Mayor
and City Council for the Holiday Open House
Sunday December 2, 2007 from 10:00 a.m. - 2:00 p.m. at
the Addison Conference Centre*

Addison Arbor Foundation

The Addison Arbor Foundation is committed to provide and coordinate technical and educational resources to the Town of Addison for the purpose of establishing and maintaining healthy, sustainable urban forests. For more information visit our website at www.addisonarbor.org

TOWN OF ADDISON

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